

# Window

# Rainbows

After every storm comes the sun and if you're lucky a rainbow will emerge between the clouds. Rainbows are made up of seven different colours, each colour is vibrant and beautiful. Rainbows have been symbols of hope, inclusiveness and cohesion for many years. We are in dark times right now and there are going to be moments when it seems like we may never see the storm pass. While we are socially distancing during the next few weeks, be sure to take time to get outdoors and move our bodies. We are all in this together, even if that means we have to stay apart.

**Today we would like to encourage everyone who is at home to make a rainbow to put in their windows or doors. Take a walk with your family and see how many rainbows you find. Use these rainbows as a reminder that this storm will pass, and we will all see our rainbow soon.**

**Be well, be safe and know that we will all be together again soon!**

